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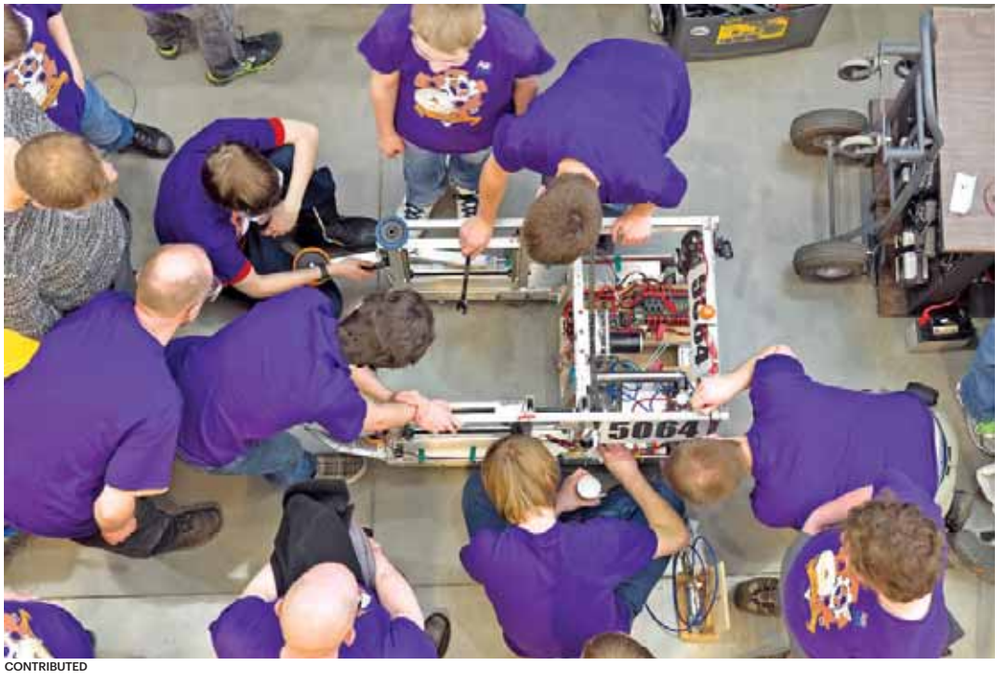

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Police reflect on eventful Stampede

CRIME

Assault calls in the vicinity doubled this year

Lucie Edwardson
Metro | Calgary

Stampede 2015 was a memorable one for many Calgarians, and new data from police reveals just how much officers had on their hands during this year's event.

Assault calls in the area around the Stampede grounds doubled to 44, up from 22 in 2014.

Insp. Leah Barber said the first Saturday of Stampede kicked off with "bedlam" just off the grounds at the Cowboys tent.

"There was a big brawl and a pepper-spraying incident when they were closing," she said.

Five assault calls happened on the Stampede grounds proper, up from two the previous year. Barber said the triple stabbing on the midway was largely responsible for that increase.

Police also had 17 calls on the Stampede grounds classified as "other" in their record keeping, up from 11 last year.

That category can include a wide variety of otherwise unclassified calls, Barber said, noting one of the more interesting ones this year was a false bomb call resulting from an unattended backpack.

But she said the most unusual "other" call this year had to have been the "balloon man incident" in which an entrepreneur floated over the grounds in a lawn chair suspended by helium balloons as a publicity stunt.

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metro NEWS
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Prosecutors pursue Pistorius murder conviction. **World**

This rendering shows how the current lane reversal works on 5 Avenue, allowing southbound traffic to turn right and head westbound on what was previously a one-way street. CITY OF CALGARY

City plans new two-way street

TRANSPORTATION

Resident says traffic changes benefit only commuters

Robson Fletcher
Metro | Calgary

Calgary plans to convert a formerly one-way route in the west end of downtown to nearly constant two-way traffic, after what the city describes as a successful trial of lane reversals on 5 Avenue SW.

For the past three months, two lanes of the previously all-eastbound roadway were temporarily converted to become westbound between 3:30 and 6:30 p.m. each weekday, allowing commuters easier access out of the downtown core.

Now, the city plans to make those two lanes permanently westbound, except during the morning rush hour, between 6 and 9 a.m., when all lanes will flow eastward.

> **It's an inexpensive and innovative way to move traffic in and out of the downtown.**
> Coun. Evan Woolley

"It's actually going to end up being a morning lane reversal," said senior traffic leader Pat Grisak. "For 21 hours of the day, the plan is that it'll be a two-way street, and then for those three hours in the morning, it'll be a one-way eastbound street."

The plan also calls to extend the affected lanes by two blocks to the east, so that the two-way traffic would begin at 5 Street SW (it currently begins at 7 Street SW).

A July traffic count found 746 vehicles using the reversed lanes between 4 and 6 p.m., 439 of them coming during the peak hour of 4:30 to 5:30 p.m.

While it's more convenient for commuters, Downtown West End resident Andrew Graupe said it will make access to most of the rest of the city more difficult for him and his neighbours, as 5 Avenue was a key eastward route to downtown and onward to major arteries like Deerfoot Trail.

Graupe said city transportation policy "seems focused more on the people who come in and out of downtown ... and less on people who actually live downtown."

Coun. Evan Woolley said transportation decisions in the centre city are always "a balancing act" between commuters and area residents, but he believes reversing lanes on 5 Avenue strikes that balance.

"It's an inexpensive and innovative way to move traffic in and out of the downtown," Woolley said. "I think it has worked super great, so far"

Grisak said the plan is to implement the change on Sept. 21, but the city is still consulting with area businesses before giving the project the final go-ahead.

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RESIDENT SERVICES

Cousins unite over bouts with cancer

CHARITY

Calgarian trying to raise money to send teen on trip

Jeremy Simes
For Metro | Calgary

Even though she's never met her long-lost cousin, Calgary resident Stephannie Fitzpatrick has been hitting the pavement to raise funds and awareness for Kay-Lynn Stevens, who's had an ongoing battle with a rare form of brain cancer.

Stevens was diagnosed with anaplastic ependymoma — a high-grade tumour — at the at the age of five. After being cleared through surgery, Stevens saw the cancer return a year and a half later and, at age seven, was treated again. But 10 years later, at age 17, Stevens saw the cancer return, striking for the third time.

She said she's had both good and bad days since this last diagnosis.

"It's a little tough sometimes," Stevens said over the phone from her home in Woodstock, Ont. "Sometimes it's OK and sometimes it's not OK. It's hard to tell when it'll be either one."

One thing that keeps Stevens going is the incredible support she's received from Fitzpatrick, she said.

The cousins have never met in person, except for one time when Fitzpatrick remembers seeing Stevens as a baby. Fitzpatrick added they've just started to chat over Facebook this past month.

But that's all about to change come Christmas, when the cousins will meet in Ontario. By then, Fitzpatrick said she hopes to have a little something for Stevens.

To be exact, she said she plans to have enough funds raised for Stevens to finally make a long-desired trip to Disney World, and to support Stevens' own charity work.

"I think everyone deserves to do one of things they've wanted to do before it's too late," Fitzpatrick said.

"I just want to be able to help take some of that stress off. I would hope someone would do the same thing if I were ever in the same situation."

> **I think everyone deserves to do one of things they've wanted to do before it's too late.**
> Stephannie Fitzpatrick

"All the things (Fitzpatrick is) doing for me is just amazing," Stevens added. "It's nice to have someone to talk to."

As of Sunday afternoon, Fitzpatrick said she raised $570 and, as part of her effort, she plans to run the Legacy Trail from Canmore to Banff on Oct. 24. Information can be found at facebook.com/Kmsforkaylynn.

Stevens, meanwhile, is doing her own work for others, raising funds and donating blankets and teddy bears to sick kids in hospitals. That's what keeps her going, she said.

"I hope that people learn that (cancer) doesn't have to be life-ending," she said. Obviously it's a scary thing, but it's so much easier to stay positive.

"And for me, that's by helping others."

Stephannie Fitzpatrick holds a photo of her long-lost relative Kay-Lynn Stevens, who has been facing a battle against a high-grade tumoursince the age of five. JEREMY SIMES/FOR METRO

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BUSINESS

City accessibility ramping up

Aaron Chatha
Metro | Calgary

A single step may be insignificant for most. But for Calgarians with limited mobility, that single step could create a barrier keeping them from local shops, restaurants and other businesses.

Ramp It Up is a local project aiming to remove that barrier by adding a small, brightly coloured ramp in front of businesses with single-step entrances. Since the launch on Aug. 1, local businesses have been embracing the project whole-heartedly, and new businesses have already begun making requests for ramps of their own.

"Ramp It Up is a really simple solution to a big problem within the city, especially in older neighbourhoods," said Alison Grittner, RAD Renovations Program Coordinator with Accessible Housing, the organization behind the project.

The program officially launched with a total of 12 ramps dispersed throughout Inglewood, Kensington and Victoria Park.

"On social media people will be tweeting us saying, 'Look, now I can get into a store. Now I can get a burger, get a slice of pizza in my neighbourhood.'"

Each ramp takes about 30 minutes to build and is then given to businesses free of charge. It's based on a similar program out of Toronto called Stop Gap.

Accessible Housing is planning a second ramp building day soon to meet all the new requests.

Thanks to the bright colours used on the ramps, they're highly visible and act as a great advocacy piece to raise awareness.

"If you don't have mobility limitations you don't realize how difficult it is to get around this city," said Grittner.

Project aims to remove the barriers single-step entrances create for people with mobility limitations. JENNIFER FRIESEN/FOR METRO

Nathan Buhler with the firefighters at Station 1 and, of course, his recovered cell, Hector. CONTRIBUTED/FACEBOOK

Firefighters save phone, prank pal

BOW RIVER

Station 1 crew have some Facebook fun with device

Helen Pike
Metro | Calgary

It's not every day your phone goes for a swim, let alone in the Bow River, and lives to tell the tale.

That's why when Nathan Buhler dropped his phone in the Calgary river two weeks ago while rafting with some friends during the August long weekend, he quickly gave up.

"I got a new phone the next day because I thought 'there's no hope,'" he said.

Fast forward a couple of weeks and, as a Facebook post by the brigade read, a firefighter was paddleboarding to work. Buhler said the firefighter could see something white glimmering on the riverbed of the Bow and dove the "four feet" or so to retrieve it.

"A Calgary firefighter found an unidentified cellphone in the Bow River and brought it to the Downtown Fire Station 1 where he was scheduled to work," read a statement from the City of Calgary.

That, as a Facebook post mentioned, is where it was dried out over 30 hours, charged, and eventually turned on.

He said his girlfriend texted him in the morning to ask whether he saw his Facebook update — to which he responded "Of course!", not realizing he'd been hacked.

"I just couldn't believe it I thought somebody was playing a joke on me somehow, but nope, it was legit," Buhler said.

On the other end, the Calgary firefighters, taking advantage of the fact that he had no password on his phone, got to work trying to reunite the owner with their device.

"The crew decided to use the unlocked phone's Facebook account," read the city's statement. "They hoped that by posting on Nathan Buhler's, the owner's, Facebook page, his friends and family would let him know that his phone had been found and that he could pick it up at Station 1. Additional messages were posted on Nathan's page in the hopes he would be notified his phone had been found."

This is where things got a little weird. The firefighters named the Samsung phone "Hector Chavez" and proceeded to give it the "day in the life of a firefighter" treatment complete with lunch time, a gym session, and of course driving the firetruck.

A few hours later, Buhler made his way to the fire hall to pick up his long-lost phone.

"I walked in and was like, 'Hello?' And all of a sudden firefighters just came out of everywhere; from behind trucks, down poles, they were holding the phone — they knew right away — everyone was laughing.

"They had a little bit of fun with it, so it was good."

FENTANYL BUST

Ex-B.C. MLA's son makes court appearance

The son of a former British Columbia member of the legislature has been charged in a fentanyl bust in Calgary last month.

Kasimir Tyabji-Sandana, who is 27, is charged with one count of importing a controlled substance.

He made a brief appearance via closed circuit television in Calgary court on Monday. He will remain in custody until his next court appearance on Sept. 16. His lawyer is working on setting a date for a bail hearing.

Police intercepted a package marked as a muffler from China last month at Vancouver's International Mail Centre.

It was addressed to someone in Calgary and contained 122 grams of pure fentanyl, a synthetic opioid used primarily to treat severe pain.

34

Police in Calgary have made 34 fentanyl busts this year compared with 12 in 2014.

Fentanyl is a growing concern across Canada as the number of deaths and overdoses from the drug continues to climb.

A recent report from the Canadian Centre on Substance Abuse said as many as 655 Canadians may have died between 2009 and 2014 from fentanyl overdoses.

Health Canada's drug analysis labs have also been detecting fentanyl more and more often in street drugs being sent for testing by law enforcement agencies.

Calgary police say 145 people in Alberta have already died from suspected fentanyl overdoses this year compared with 120 last year. Arrests are also up. THE CANADIAN PRESS

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Police: Vehicle set on fire in murder case

INVESTIGATION

Victim's family frustrated and desperate to solve 2013 crime

Aaron Chatha
Metro | Calgary

Calgary Police have released new information in the homicide of Anthony Fernandez who died in 2013, in hopes of getting public help to further the investigation.

Fernandez was reported missing by his family on December 24, 2013. His body was found inside a vehicle on December 27, 2013, in the 1200 block of Colgrove Avenue NE.

Autopsy results now revealed by police show that Fernandez had died in the early hours of Dec. 25, 2013 at the location where he was found.

They also showed the vehicle, a 2009 dark maroon Mazda 6, had been lit on fire, destroying much of the evidence inside.

"It has almost been two years since his death and our tragic loss," said his mother Daisy Fernandez at a news conference Monday.

"As a family we are frustrated by the fact no one has been identified yet in this case. We are frustrated at how long it has taken to solve this crime, and frustrated that the person who killed Anthony is still walking the streets."

Police have investigated several persons-of-interest, but each has been cleared of involvement and the investigation has stalled since.

Acting Staff Sgt. Kurt Jacobs said police don't believe it was a random attack.

"There was some evidence inside (the vehicle) that was lost to the fire," he said. "We believe the culprit or culprits did intentionally set that fire."

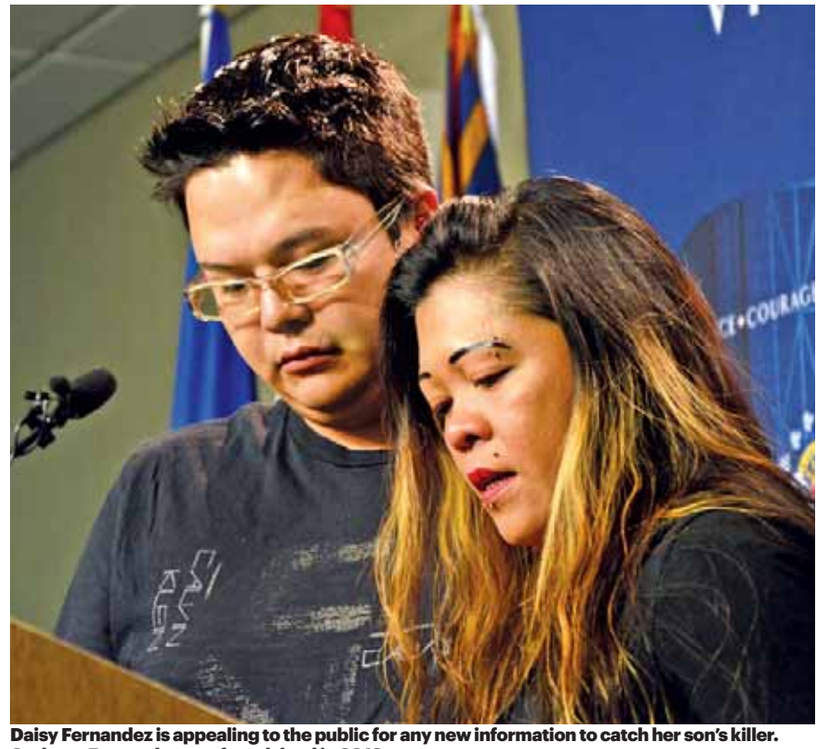
The pain of Fernandez's death is still fresh for his family.

"Anthony had so many plans for the future," said Fernandez's mother. "But that all ended too soon. His personality and big, bright smile lit up any room he was in. He was very caring and loving and was always surrounded by people that loved and cared for him the same way."

Jacobs said they're now releasing these new details in hopes that anyone with information on the case is ready to step forward.

Police are asking anyone who saw the vehicle in the area at the time or who has any other information about this case to contact police at (403) 266-1234 or Crime Stoppers anonymously at 1 (800) 222-8477.

> **As a family we are frustrated by the fact no one has been identified yet in this case. We are frustrated at how long it has taken to solve this crime, and frustrated that the person who killed Anthony is still walking the streets.**
>
> Anthony Fernandez's mother, Daisy



Daisy Fernandez is appealing to the public for any new information to catch her son's killer. Anthony Fernandez was found dead in 2013. AARON CHATHA/METRO

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SYMPOSIUM

FIRST Robotics seeking new recruits

FIRST Robotics Western Canada is looking to recruit more students into their robot-building fold.

On Friday, the organization is holding the FIRST Robotics Symposium at Ernest Manning High School, to introduce students of all ages into robotics competitions.

Regional director Phoebe Arcilla said the sport not only fosters healthy competition, but also builds valuable skills involving engineering and programming.

"We're providing skills in the workforce," she said. "I'm a volleyball coach, and I love volleyball, but are you going to use those skills in the workforce? Probably not."

"You can use these skills in automation for example," she added. "We're building a workforce for high industry and manufacturing."

In previous years of the competition, students were tasked with building robots that threw flying discs at targets or stacked recycling containers.

The symposium is aimed at introducing kids with little to no background in building robots to the sport, through guest speakers and a Lego league for the younger ones.

For more information visit www.frcwest.com.

AARON CHATHA/METRO

Robotics Western Canada is hoping to get more students building robots like this stacking machine. PHOEBE ARCILLA

IN BRIEF

Teen dies in two-vehicle crash at Tsuu T'ina Nation

A teen was killed and another was flown via STARS ambulance to hospital in serious but stable condition, after two vehicles collided at Bullhead Road on the Tsuu T'ina First Nation.

Around 6:30 a.m. Monday, EMS units from Calgary and Priddis, along with local RCMP and the fire department responded to the call. Paramedics located two teenaged drivers at the scene. The male driver of one vehicle died while the female driver of the other vehicle was rushed to Foothills Hospital. METRO

Coin collection stolen in northwest Calgary break-in

Calgary police are looking for public help after the theft of a coin collection from a northwest home.

The collection contains coins from Great Britain, South Africa, the United States and other countries.

At some time between 7 a.m. and 7 p.m. on August 6, the thief gained entry to a home in the 6000 block of Silver Springs Crescent NW. Other items were also taken in the theft. Anyone with information call police at 403-266-1234. METRO

Pro-green cyclists tour CD

ENVIRONMENT

National trek will end Sept. 4 in Montreal

Jeremy Simes
For Metro | Calgary

He's been called crazy and, by some, an inspiration.

Starting from Vancouver on Aug. 3, Derek Olive and his fiancé Diane Croteau have been touring the country by bike to promote Olive's new CD, Mystery and Dust, and spread awareness about what people can do to live in a greener world.

Olive arrived in Calgary Friday and said this tour was meant for more than just the music.

"I love the music, but I feel like we're hopefully at a turning point for the environment in this country," he said.

But don't worry, he said he doesn't bombard people. Rather, he said it's a time for him to talk about something more positive.

"There's all these easy things we can do to make city living much more pleasant, like more green roofs and green spaces," he said. "It's time to say, 'Look what we can have.'"

It helps that riding 100 kilometres daily is a lot easier than it sounds, Olive said, adding that he and Croteau, also his tour manager, have never been in a rush.

"Once you start to turn your legs and keep going, you're like, 'Wow, I can do this.'"

The couple will ride to Winnipeg later this month, then catch a train to Toronto. From there, they head to Ottawa and finish the tour in Montreal on Sept. 4.

Derek Olive JEREMY SIMES/FOR METRO

HUNTING

Province reviews law prohibiting pack dogs

Robson Fletcher
Metro | Calgary

A prominent Cochrane hunter says he's "guardedly optimistic" the new Alberta government will change what he describes as an antiquated law forbidding hunters from being accompanied by pack dogs while going after big game.

T.J. Schwanky, a writer and host for Outdoor Quest TV, said he's not aware of any other mountain-hunting jurisdiction with such a rule.

The province recently completed a months-long public consultation over its wildlife regulations, including the use of pack dogs, which some hunters like to have at their side to help carry weight in and out of the backcountry, and to provide companionship on multi-day solo trips.

Schwanky said pack dogs can also reduce the likelihood of human-bear encounters, like the one that resulted in a solo hunter's death in September 2014 in Kananaskis.

"It's an early warning system," Schwanky told Metro after that incident. "A dog is certainly going to sense a bear's presence long before you do."

At the time, a spokesperson for the former Alberta Environment and Sustainable Resource Development department said evidence was mixed on pack dogs, noting some experts believe "the presence of a dog can antagonize a bear," as well.

Charity Wallace, a public affairs officer with the newly formed Alberta Environment and Parks department, said approximately 3,300 people took part in the public engagement.

"The engagement process has been concluded and the results of the engagement are now under review," Wallace told Metro in an email. "Once the review has been completed, recommendations will be put forward and presented to government."

T.J. Schwanky, with one of his dogs. CONTRIBUTED

IN BRIEF

Alberta, Missouri sign trade and economic pact

Alberta and Missouri have signed an agreement to promote economic development and trade between the province and the state.

Premier Rachel Notley and Gov. Jay Nixon are promising to work together in areas such as agriculture, environmental policy and research and innovation

Nixon is on a four-day visit to Alberta.

THE CANADIAN PRESS

Man sentenced to four years in prison for frying pan death of student

A man convicted in the death of a college student who was hit in the head with a frying pan has been sentenced to four years in prison. Gatleak Thor Metkurjock was 20 when he died in January 2012 at a house party. The Sudanese student had been asked to leave the home, but refused to comply. The 20-year-old man who was sentenced Monday pleaded guilty to manslaughter. THE CANADIAN PRESS

ELECTION 2015

Dogged by trial, PM stays on message

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he promised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost $163 million over three years and $63.4 million going forward once the overall target of 30,000 personnel is reached.

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

> **What Canadians do take away is that their prime minister has not been forthcoming with them.**
> Tom Mulcair

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its opposite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script; the two people to blame are Duffy and Nigel Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said.

"Those are the two issues, and this Conservative party is the only government that has answers."

Mulcair used tourist-friendly Niagara Falls to roll out a promise of $30 million over three years to help Destination Canada attract more American visitors. He said the Conservatives have cut the Crown corporation's budget even as tourist numbers have fallen.

In Ajax, Ont., Trudeau promised a tax break for the middle class, saying those earning between $44,700 and $89,401 a year will see their tax rate fall to 20.5 per cent.

"We will raise taxes on the wealthiest one per cent of Canadians," Trudeau said.

The Conservatives have neglected the middle class, but that would end under a Liberal government, Trudeau told a crowd in Ajax, one of the vote-rich communities on the Toronto outskirts. THE CANADIAN PRESS

Nigel Wright, ex-chief of staff to Prime Minister Stephen Harper, arrives at the Ottawa Courthouse on Monday to continue testifying in the trial of Sen. Mike Duffy, inset. FRED CHARTRAND/THE CANADIAN PRESS

Semantics at centre of Wright testimony

DUFFY TRIAL

'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words are carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach of trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. Initially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for $90,000.

> **I felt it wasn't on the list of things I needed to check with him.**
> Nigel Wright

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded.

Bayne pressed on: "Duffy was not going to repay. Did you not think there was a difference between Duffy repaying and a secret repayment by Sen. (Irving) Gerstein and others to have the (Conservative) fund repay?"

"I honestly didn't think it was that significant a difference," Wright replied. "The significant fact was that the expenses were going to reimbursed and he wouldn't be claiming them anymore."

The veracity of Harper's public statements on the Duffy repayment and those of his spokespeople and cabinet ministers, continue to dog the Conservative leader on the campaign trail.

Harper told the Commons in June 2013, well after Wright's payment had come to light, that his former chief of staff had told no one in his office about his decision. THE CANADIAN PRESS

ANIMALS

Dog saved from Afghanistan 'prisoner of a different war': Activist

Sadie is a Sage Koochee, extremely loyal to its pack but suspicious of strangers. TORSTAR NEWS SERVICE

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie was beloved by Feeks and the other soldiers who saved her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders, showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths." TORSTAR NEWS SERVICE

A severely charred vehicle sits along Highway 3 in Rock Creek, B.C., on Sunday. 30 homes and 15 other buildings in the region have been destroyed by out-of-control flames.
THE CANADIAN PRESS

Video footage may be key to solving blaze

BRITISH COLUMBIA

Officials seek tape proving wildfires lit by flicked cigarette

British Columbia Forests Minister Steve Thomson says officials are looking for a video that apparently shows how a massive wildfire that has destroyed 30 homes in the province's southeast was sparked by a flicked cigarette.

Thomson said Monday that officials have heard about the video but have yet to see any evidence.

The 37-square-kilometre Rock Creek wildfire stared Thursday and is currently burning out of control east of the southern Okanagan town of Osoyoos. Officials have already said it was human-caused.

"We have no confirmation of (the video) at this time, but the investigation is ongoing and I would encourage anyone who has video to share it with the local RCMP or with our Wildfire Service," he said.

Besides the homes, 15 other buildings have been destroyed by the fire so far, and another 242 properties remain on evacuation order.

Homeowners were taken into the fire-ravaged area Monday morning to assess the damage.

"It's just a drive-by to look at their homes," said Alan Stanley of the Kootenay Boundary Regional District. "They're either standing or they're not. It's pretty emotional."

The Red Cross is setting up a centre where residents can receive financial assistance, clean-up kits and other support. It is also collecting donations for families affected by B.C. wildfires this year.

About 100 personnel are working to get the Rock Creek fire under control, but hot, dry conditions are making their jobs difficult, said fire information officer Mike McCulley.

The fire is one of more than 230 blazes currently burning across B.C., said provincial fire information officer Kevin Skrepnek.

He said the 15-square kilometre Testalinden fire burning seven kilometres south of the town is now 40 per cent contained and the three-square-kilometre Wilson Mountain wildfire burning just north of Osoyoos is about 70 per cent contained.
THE CANADIAN PRESS

IN BRIEF

Boy writes 'sorry' to Toronto library for ripping book

A young reader looking to atone for tearing a borrowed comic book has won over Toronto library staff — and many others online — with a handwritten apology note.

The note, addressed to "Library," explains in large blue writing that a page accidentally ripped after the book fell from the bunk where the child had fallen asleep reading. The boy then writes that he's sorry and swears "it won't happen again."
THE CANADIAN PRESS

HEALTH CARE

Costs to rise with diabetes rate: Study

A new study has determined that the average cost of health care for Canadians with diabetes is $16,000 over eight years, compared to $6,000 for those without the disease.

The analysis published in the journal Diabetic Medicine shows that caring for the 3.4 million Canadians with diabetes costs the health system billions of dollars each year.

Lead author Laura Rosella of the University of Toronto says diabetes is one of the biggest public-health challenges of the 21st century because of how much it costs to manage.

The study captured health-care costs for almost three million people with diabetes from 2004 to 2012 using patient data that included hospitalizations, emergency-room visits, surgery, kidney dialysis and medications.

Rosella says the prevalence of diabetes is expected to rise as a result of the aging population, as well as increasing rates of obesity and sedentary lifestyles.

She says it's critical that diabetes-related costs be estimated in order to properly allocate future health-care resources and to determine cost-savings from prevention strategies.

Dr. Janet Hux, chief science officer at the Canadian Diabetes Association, says the disease decreases a person's quality and length of life and is a leading cause of kidney failure, lower-limb amputation and blindness among adults.

"Looking beyond the impact on individuals, this study documents the heavy and potentially unsustainable burden the condition poses to the health-care system," she says.
THE CANADIAN PRESS

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IN BRIEF

U.S. launches $5-million initiative to combat heroin use

The White House is launching a new $5-million initiative to combat heroin use and trafficking of the drug, particularly in states along the East Coast.

About half of the money will fund a program to link public health and law enforcement agencies, with the goal of prioritizing treatment for drug users over punishments. Monday's announcement comes amid a spike in heroin use and deaths in the United States.

The rise in heroin use has become a frequent topic in the 2016 presidential campaign. Democratic front-runner Hillary Rodham Clinton recently held a forum in New Hampshire on drug addiction, an issue she said voters have been frequently raising as she's campaigned in the early voting state.

THE ASSOCIATED PRESS

Drunk New York man has his 10-year-old drive him home, police report

Police say an upstate New York man had his 10-year-old drive his pick-up truck while he was sitting in the passenger seat drunk.

The Times Union of Albany reports police in the Saratoga County town of Stillwater were contacted by a motorist on Saturday who saw the child driving the truck on Route 9P.

Police say officers pulled over the truck and found that the 10-year-old was behind the wheel while his father, 46-year-old John Barling of Saratoga Springs, was intoxicated in the passenger seat. THE ASSOCIATED PRESS

In this image taken from The Associated Press video, a man talks into a mobile phone after a large explosion rocked Thailand's capital city on Monday during the evening rush hour. THE ASSOCIATED PRESS

Bomb kills over a dozen in Bangkok

TOURIST SPOT

Police have not determined a motive yet

A bomb exploded Monday within a central Bangkok shrine that is among the city's most popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive device scattered body parts across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine. "The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris. An emergency worker in an ambulance, frantically pounding the chest of a victim.

> **Suddenly there was a big boom, and the whole room just shook, like someone dropped a wrecking ball on top of our ceiling.**
> Pim Niyomwan

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national police chief Somyot Poompumuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting a bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthorn emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

PAPUA

Airplane wreckage spotted

An airplane with 54 people on board that crashed in the mountains of eastern Indonesia was carrying nearly half a million dollars in government cash for poor families to help offset a spike in fuel prices, an official said Monday.

Smouldering wreckage of the Trigana Air Service turboprop plane was spotted from the air Monday morning in a rugged area of the easternmost province of Papua, rescue officials said. There was no immediate word of any survivors from Sunday's crash, which happened in bad weather.

Four postal workers aboard the plane were escorting four bags of cash totalling $468,750 in government fuel aid, Franciscus Haryono, the head of the post office in Jayapura, the provincial capital, told The Associated Press.

The ATR42-300 twin turboprop plane was flying from Jayapura to the city of Oksibil when it lost contact.

Transportation Ministry spokesman Julius Barata said there was no indication that the pilot had made a distress call.

The cash from the Social Affairs Ministry was to be distributed among poor people in remote areas to cushion the jump in fuel costs, Haryono said.

"They were carrying those bags (of cash) to be handed out to poor people in Oksibil through a post office there," Haryono said.

President Joko (Jokowi) Widodo's administration raised fuel prices late last year and slashed government subsidies, a move the government says will save the country billions of dollars but has already sparked angry protests around the country.

The plane was carrying 49 passengers and five crew members on a scheduled 42-minute flight. Five children, including two infants, were among the passengers. THE ASSOCIATED PRESS

PREHISTORIC FARMERS

Ancient mass grave reveals massacre

Scientists say they have found rare evidence of a prehistoric massacre in Europe after discovering a 7,000-year-old mass grave with skeletal remains from some of the continent's first farmers bearing terrible wounds.

Archaeologists who painstakingly examined the bones of some 26 men, women and children buried in the Stone Age grave site at Schoeneck-Kiliansteadten, near Frankfurt, say they found blunt force marks to the head, arrow wounds and deliberate efforts to smash at least half of the victims' shins — either to stop them from running away or as a grim message to survivors.

"It was either torture or mutilation. We can't say for sure whether the victims were still alive," said Christian Meyer, one of the authors of the study published Monday in the journal Proceedings of the National Academy of Sciences.

THE ASSOCIATED PRESS

SOUTH AFRICA

Pistorius prosecutors file appeal papers

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel of judges at the Supreme Court to overrule a decision by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

Oscar Pistorius THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

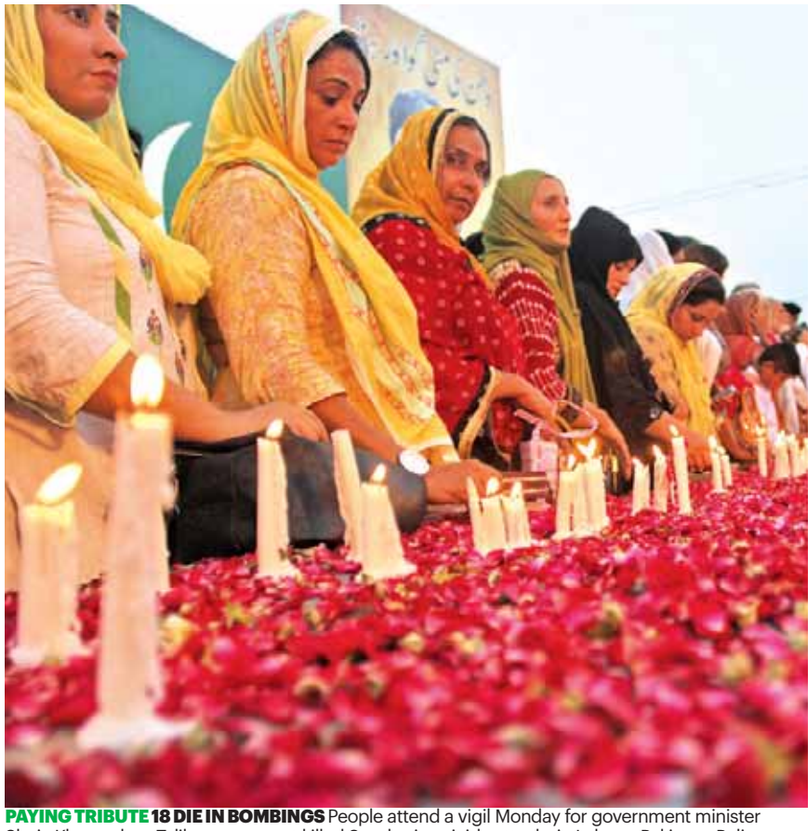
He was sentenced to five years in jail, but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' months-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

THE ASSOCIATED PRESS



PAYING TRIBUTE **18 DIE IN BOMBINGS** People attend a vigil Monday for government minister Shuja Khanzada, a Taliban opponent killed Sunday in suicide attacks in Lahore, Pakistan. Police say the toll in the bombings has risen to 18. K.M. CHAUDARY/THE ASSOCIATED PRESS

Anti-terror law sparks concerns

EGYPT

Rights groups call sweeping new bill too draconian

Egypt's president has approved a far-reaching anti-terrorism law that establishes stiffer prison sentences for terror-related offences, heavy fines for journalists who publish "false news" and a special judicial circuit for terrorism cases.

Authorities claim the measures will halt attacks by Islamic militants and stop the spread of their ideology, but the new restrictions have prompted concern from rights groups and even some Egyptian politicians and senior judges.

The 54-article bill, signed into law Sunday night by President Abdel-Fattah el-Sissi, offers an extremely broad definition of terrorism, describing it in one article as any act that disturbs public order with force. Some charges, such as leading or organizing a terrorist group, carry the death penalty.

The law also prescribes heavy prison sentences for a range of crimes, including promoting or encouraging any "terrorist offence," as well as damaging state institutions or infrastructure, such as military or government buildings, courthouses, power and gas lines, and archaeological sites.

Egyptians lived under so-called "emergency laws" for decades that gave police sweeping powers, encouraging a culture of excess and brutality among security forces, something that partially inspired the 2011 uprising against longtime autocrat Hosni Mubarak.

> **Now they can go after anyone.**
> Mohammed Zaree, rights advocate

The law was suspended after his overthrow.

Rights activists say the new anti-terrorism law is even more draconian than the emergency laws, and note that police under el-Sissi have already begun to act with the impunity of the Mubarak days, torturing detainees and denying them basic medical services in overcrowded prisons and police holding cells.

The government denies these charges and insists that offenders do not go unpunished, but policemen rarely face prosecution, and even fewer serve time.

Mohammed Zaree, Egypt program manager at the Cairo Institute for Human Rights Studies, said the government has already been acting without restraint in its crackdown on dissent. He described the new law as "a covert emergency law."

"Now they can go after anyone," he said.

THE ASSOCIATED PRESS

EASTERN UKRAINE

9 die in fight, despite ceasefire

A night-long artillery exchange in eastern Ukraine between government troops and Russia-backed rebels claimed nine lives on Monday, casting doubt on the already shaky ceasefire.

The fighting between Russia-backed separatist rebels and Ukrainian government troops in the country's industrial heartland eased after a truce was signed in February. But despite pledges to withdraw heavy calibre weapons from the front lines, both sides seem to be engaged in recent heavy fighting.

> **We're worried about events of the recent days.**
> Sergey Lavrov, Russian Foreign Minister

The conflict has killed an estimated 6,400 people since April 2014, according to the United Nations.

The rebel mouthpiece Donetsk News Agency said artillery fire killed three people in a front line town of Horlivka and two in the rebel capital of Donetsk. Ukrainian officials reported two civilian deaths on their side, in a suburb of Mariupol on the Black Sea.

The Ukrainian Security and Defence Council also reported two troops killed and six injured overnight.

The shelling on Monday came after failed talks between Ukraine, the rebels and the Organization for Security and Cooperation in Europe which were supposed to agree on further steps to withdraw weaponry.

President Vladimir Putin, who met representatives of various ethnic communities in the Russia-occupied Crimea on Monday, did not comment on the recent shelling. But he used the opportunity to claim that the current Ukrainian government is not free to make its own decisions.

Putin has alleged that Kyiv's decisions are heavily influenced by Western powers including the United States.

Russian Foreign Minister Sergey Lavrov on Monday said the uptick in shelling could be the beginning of a new Ukrainian offensive.

"We're worried about events of the recent days, which look very much like preparation for fresh hostilities," he said.

OSCE observers warned Saturday about heavy weaponry that has gone missing after it was withdrawn from the front lines.

The OSCE monitors were denied access to two locations in rebel-held areas where heavy calibre weapons were supposed to be kept. THE ASSOCIATED PRESS

IN BRIEF

Boyfriend accused of murdering granddaughter of Morgan Freeman

The boyfriend of Morgan Freeman's granddaughter has been arrested in her fatal stabbing on a New York City street.

Lamar Davenport was arrested on a murder charge Monday, a day after actress Edena Hines, 33, was found with stab wounds to her chest outside her Upper Manhattan apartment building.

Freeman issued a statement saying, "The world will never know her artistry and talent and how much she had to offer."

THE ASSOCIATED PRESS

FOOD SAFETY

Throw out wings: Safeway

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14. The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

The Canadian Food Inspection Agency says there have been no reported illnesses associated with consumption of the products. Anyone who has purchased the suspect wings should throw them out or return them to Safeway.

The food inspection agency says it is investigating.

Food containing the Staphylococcus bacteria may not look or smell spoiled, and the toxin produced is not easily destroyed at normal cooking temperatures.

Common symptoms of Staphylococcus poisoning include nausea, vomiting, abdominal cramping and fever. In severe cases,there may be headaches, muscle cramping and changes in blood pressure or pulse rate.

THE CANADIAN PRESS

market minute

DOLLAR 76.42¢ (+0.04¢)

TSX 14,251.53 (-26.35)

OIL $41.87 US (-63¢)

GOLD $1,118.40 US (+ $5.70)

NATURAL GAS: $2.728 US (-7.3¢)
DOW JONES: 17,545.18 (+67.78)

Greek government likely to face confidence vote

BAILOUT DEAL

About-face on austerity has angered party lawmakers

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro ($93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented.

Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early elections may also be necessary in light of the political instability.

The government has said its current priority is securing the bailout funding, which it needs by Thursday to meet a large debt repayment to the European Central Bank, and that any further decisions on the political situation will be taken from then on.

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous international bailouts.

Instead, after months of floundering negotiations with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a previous bailout-related vote — and another 12 left-wing politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

THE ASSOCIATED PRESS

A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins.

GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

> **"I consider it self-evident, after the deep wounding of the parliamentary majority ... for there to be a move that at least approaches the issue.**
> Energy Minister Panos Skourletis

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metro VIEWS
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metro's election explainer

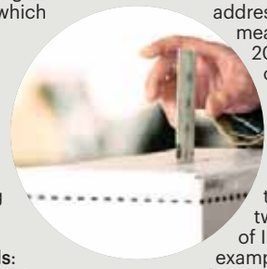
Fair Elections Act makes voting trickier for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.
- **Voter-info cards:** Voters were allowed on election day 2011 to present the info cards they received in the mail from Elections Canada as valid ID. The Fair Elections Act puts an end to that too. Each voter is now required to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.



The potential impact

The lawyer who led a so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year, with many more having difficulties in doing so.

The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

Calgary, don't let the courtesy wave fade out

KLASZUS' CALGARY

Jeremy Klaszus

Calgarians still do the wave, but I think we can do it even more.

No, I'm not talking about that obnoxious fan ritual at sports stadiums (phase that out, please!). I'm referring to the courtesy wave, sometimes referred to as the thank you wave — that small motion of the hand that signals gratitude and goodwill toward fellow travellers who let you into a line of traffic, who could cut you off but don't.

Over the years, there has been much handwringing in North America over the disappearance of this small but significant gesture from our cities. It has been described as a "lost art," a kindness from a bygone era.

As a Calgarian spending time in the Vancouver and Toronto areas this summer, I was surprised by the complete absence of the wave in those places. It felt cold and harsh. It was as if the roads were already full of driverless cars, with humans replaced by unfeeling robots.

I'm not the only one who has felt this alienation. "Almost without fail, courtesy on the road is met with rapt indifference," lamented Vancouverite Stephen Quinn in the Globe and Mail last year.

Quinn, a CBC radio host, argued that failing to wave is among the worst sins committed by drivers in his city. "Nothing says 'I am violating the shared-road contract and I couldn't care less about you' like the withholding of the courtesy wave," he wrote.

Thankfully in Calgary, the courtesy wave seems alive and well — although many say it has diminished from what it was 10 or 20 years ago.

Even so, I still see it a lot and always extend it to others. It still feels like normal driver behaviour here; the rule rather than the exception.

The courtesy wave is comforting somehow. Even as our city has exploded with the growth of multiple booms, we have clung to this bit of small-town hospitality.

All of this has me thinking about how we can take the wave even further.

The courtesy wave has traditionally been shared between drivers. Might pedestrians and cyclists also adopt some version of this in their interactions with drivers? It already happens to a point, but it's not universal.

You're walking and a car stops to let you cross at a crosswalk. Don't just cross. Give a courtesy wave as you cross.

You're biking and a truck slows down to let you move into the lane so you don't get doored by parked cars. Don't just take the lane. Give a courtesy wave as you do.

You could argue that pedestrians and cyclists don't owe motorists anything, as drivers have all the advantage on the roads, safely encased in glass and steel.

But that's exactly the point. The courtesy wave isn't so much about obligation — which road users deserve what — but neighbourliness.

Small kindnesses can go a long way in building goodwill between different road users.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

metroview

We're going off the rails on a Schumer train

Liz Beddall
Metro | Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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PHILOSOPHER CAT
by Jason Logan

Clinical psychologist Jason Moser G.L. KOHUTH

PSYCHOLOGY

Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused and reduced their anxiety.

"Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious," says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand out from others like them, the research team's game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

"There have been other studies of video game-type interventions for anxiety," says Moser, "but none have used a specific and simple game that targets distraction."

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind. AFP

Tetris blocks addiction: Study

RESEARCH

Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international, peer-reviewed journal Addictive Behaviors.

"Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent," says co-author Jackie Andrade of Plymouth University in the U.K.

"This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating."

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students' cravings, reminding them by text message seven times a day to report to the researchers any cravings and whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants, 15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, cigarettes, wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

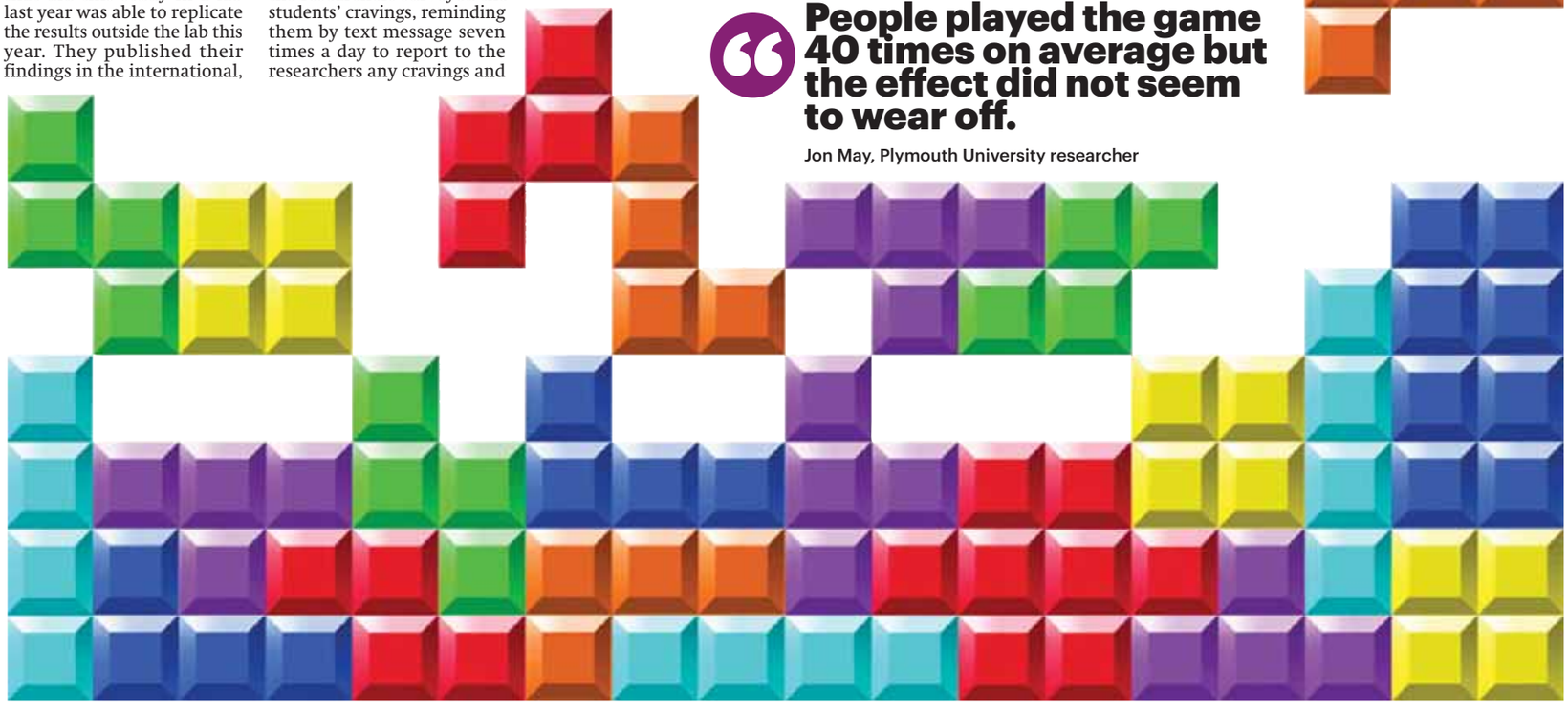
"The impact of Tetris on craving was consistent across the week and on all craving types," says co-author Jon May, also of Plymouth University.

"People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

"This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it," says May. AFP

> **"People played the game 40 times on average but the effect did not seem to wear off.**
>
> Jon May, Plymouth University researcher



WHO picks Toronto MD for global role

PREVENTATIVE MEDICINE

Doctor to guide women's cancer care in developing nations

A Canadian oncologist has been appointed by the World Health Organization to help create guidelines and programs to provide earlier diagnosis and treatment of cancers that are killing more women in developing countries each year.

Dr. Ophira Ginsburg, a clinician and researcher at Women's College Hospital in Toronto, takes on the new role in Geneva on Oct. 1.

Ginsburg said she's honoured to be chosen for the new post, especially since it's been her lifelong dream to work on programs that can improve the lives of women and girls around the world.

"I would like to play a part in guiding the World Health Organization, our partners and the countries that are asking for our advice to serve the needs of the hundreds of thousands of women who each year die unnecessarily of breast and cervical cancer," she said in an interview.

Much of her work will involve working with a team to help build cancer-control programs for women in low- and middle-income countries, who have an elevated risk of dying from breast or cervical cancer compared to women in developed countries.

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO," Dr. Paula Rochon, vice-president of research at Women's College, said in a statement.

"Dr. Ginsburg will be involved in an important initiative to help build policy and programming for women's cancers, an area that she has been passionately dedicated to through her research and advocacy work."

In low- and middle-income countries, breast cancer is a rapidly growing problem, said Ginsburg, primarily because women are increasingly adopting a westernized diet and sedentary lifestyle that promote obesity — a major risk factor for breast cancer.

URGENT NEED
Most developing countries don't have the health-care infrastructure in place to provide routine testing for early diagnosis of breast or cervical cancer.

Oncologist Dr. Ophira Ginsburg, a researcher at Women's College Hospital, has been appointed to a major new post at the World Health Organization in Geneva. CONTRIBUTED

Cases of cervical cancer — mostly caused by infection with human papillomavirus, or HPV — are also rife in these countries, where routine PAP screening to pick up precancerous lesions is often unavailable.

Research has shown that extreme poverty, compounded by gender inequity, often limits a woman's ability to seek care.

Ginsburg, who has led breast-cancer research projects in Bangladesh, said she also hopes to partner with international agencies working on HIV-AIDS, a disease that has ravaged parts of Africa and South Asia and compromises the prognosis of women also infected with HPV.

"If you are HIV-positive and you are infected with HPV, you're much more likely to develop invasive cervical cancer and die from it," she said.

THE CANADIAN PRESS

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO.
Dr. Paula Rochon, VP of research at Women's College

WELLCOIN

New app pays you to get fit (and sleep!)

When you're trying to start an exercise routine, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free; iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviours can help create lasting lifestyle changes," says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham & Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will ramp up as you us the app.

"Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel.

How it works: Do something good. Tell Wellcoin. Profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's built-in accountability) so you get more points than just by claiming you took the stairs instead of the elevator. The app integrates with more than 200 others that track exercise, nutrition and more to keep you earning Wellcoins.

Beyond exercise: It's not just working out that gets rewarded. There are hundreds of activities that earn Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive checkups (even vet visits for your pets). Ditched your daily Diet Coke for a water with lemon? That counts!

Activities are worth between 1 and 180 Wellcoins, which are awarded based on several factors, including a time element that works both now (how long you spent doing the activity) and later (what is its impact on your health in the long term).

What can you get: The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre to reward its members for completing healthy activities. Wellcoins can be used through the app's marketplace for everything from gear (the Puma Pulse XT Geo Women's Training Shoes for 20,000 Wellcoins) to discounts ($10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

Why it works: The benefits of a healthier lifestyle can take a long time to appear, or produce intangible results — does the prospect of a daily green juice have you dancing to the groove of the blender? Probably not. Wellcoin provides immediate rewards, not just through the free wellness swag but also a community of supporters all making the same small changes and cheering each other on. EVA KIS/METRO IN NEW YORK

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Ball control

ROMANCE

Rihanna shows offence is the best defence in dating game

Emily Laurence
Metro | New York City

Off the court, Memphis Grizzlies player Matt Barnes has no game. Barnes has been using social media to try to woo Rihanna, but she is not feeling it.

> **#shesnotthatintoyou #shesnotthatintoyouatall #shesneverevenmetyou #defamationofcharacter**
> Rihanna

After Barnes Instagrammed his crush on the pop star and said on video to TMZ that hooking up with Rihanna was a "real possibility," Rihanna Instagrammed a screenshot of the video captioning it "#bishwhere #thedevilisaliar #shesnotthatintoyou #shesnotintoyouatall #shesneverevenmetyou #thisactuallyhurtmyfeelings #defamationofcharacter."

Barnes commented on the photo saying, "Hahaaa wow."

A seven-hashtag rejection? Wow is right.

SEX TAPE

Jenner-ous offer?

Kylie Jenner certainly doesn't shy away from flaunting her bod on Instagram, but would she ever consider doing porn?

Vivid Entertainment seems to think so. TMZ reports that the porn film company sent Jenner a letter promising her $10 million in exchange for a sex tape of her and boyfriend Tyga.

"Kim's sex tape helped launch her career and (this) would be nothing but positive for you," the offer letter reportedly says.

Apparently, the porn industry has been counting down the days for Jenner to turn 18 and she's gotten multiple million-dollar-plus deals.

This is the world we live in, people. EMILY LAURENCE

ASSAULT

Hirsch behind bars

Actor Emile Hirsch began serving 15 days in a Utah jail Monday after pleading guilty to misdemeanour assault for putting a female studio executive in a chokehold and body-slamming her at a nightclub during the Sundance Film Festival.

The Into the Wild star told a judge he was sorry and was learning to take responsibility for his actions, saying he has no excuse for what happened Jan. 25 at Tao Nightclub in Park City.

Hirsch, 30, was intoxicated and taking medications when he dragged the woman across a table, according to police and prosecutors. Hirsch's deal with prosecutors also calls for a $4,750 fine and 50 hours of community service. THE ASSOCIATED PRESS

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BLACK LIVES MATTER

Today Show silences message

"We will not be silenced," Janelle Monae told everyone watching her on the Today Show, right before she was silenced.

The singer performed her song, Hell You Talmbout, which is a tribute to victims of racial violence and then started to give a speech on police brutality and racism, but the show cut her off before she finished what she wanted to say.

Here's what she was able to get in:

"God bless America! God bless all the lost lives to police brutality.

"We want white America to know that we stand tall today. We want black America to know we stand tall today." EMILY LAURENCE

IN BRIEF

Morgan to host SNL

Tracy Morgan is coming to Saturday Night Live as guest host on Oct. 17.

His appearance also promises to be a coming-out party for the former SNL cast member and star of 30 Rock, who has been recuperating from injuries he suffered in a June 2014 crash that also killed a fellow comedian when their limousine was hit by a Wal-Mart truck on the New Jersey Turnpike.

NBC also announced that on Oct. 3, Miley Cyrus will return as host for a third time to kick off the 41st SNL season. On Oct. 10, Amy Schumer will make her debut. THE ASSOCIATED PRESS

Broken hearts club

Ever since ex-One Directioner Zayn Malik ended his engagement with Little Mix's Perrie Edwards via a text message three weeks ago, she's been getting a lot of support from her friends and fans.

But she recently she received a phone call from someone she didn't expect: Harry Styles. But Styles wasn't moving in on Malik's girl — come on, now — he was calling to check on Edwards to make sure she was doing OK.

A source tells the Daily Star that Styles really understands what it's like to have a broken heart because his girlfriend dumped him when he was 14.

While an eighth-grade breakup isn't quite the same as ending an engagement, we're loving that Styles breaks the bros-first rule to check up on Edwards. What a guy!
EMILY LAURENCE

LEARNING CURVE

CONTRIBUTED

New popular music programs at MRU

Music speaks to everyone — regardless of the style or genre. To keep in line with their already impressive lineup of remarkable music programs, the Mount Royal University Conservatory is now offering a number of new popular music programs to reach an even more broad, music-loving audience.

These programs include songwriting, rock band, rock orchestra, history of popular music, music business, private lessons and more, developed by James Desautels, a professional musician and member of the Grammy committee.

"The new popular music programs at Mount Royal University Conservatory are setting the stage for Calgary to be a destination for world class live popular music," says Desautels, director of popular music, Mount Royal University Conservatory.

"This is a unique music program unmatched anywhere in Canada — Calgary is positioned to become the nation's music capital," says Desautels.

These programs are designed for musicians — and music lovers — interested in popular music.

Classes will be taught in the new state-of-the-art Taylor Centre for Performing Arts just opened at MRU and are open to the general public from ages six to 106, beginner to expert.

"We welcome students of all ages and all abilities," says Desautels.

"Whether you are looking for music performance experience, seeking to advance your music business chops, or just want to sit back and enjoy learning about pop music history, we have a place for you."

For more information about any of the new popular music programs, visit mtroyal.ca/conservatory/popmusic.

The skills for content strategy and writing

Today it is almost unheard of to not have an online presence as a way to get to get their message out to the online masses.

Within that online presence, there is a responsibility to ensure all content created and distributed best aligns with the professionalism and message related to that organization, making digital content creation an in-demand skill.

The new digital content creation certificate being offered through the Faculty of Continuing Education at Mount Royal University provides in-demand skills for developing content strategy and writing, editing and delivering interesting content to attract and engage audiences.

"This unique program combines the courses into a potent certificate that allows the student to come out of university after only two semesters (if they wish) and have the skills to compete in a career that many find to be passionate about and in a digital market that's obviously growing," says Darren McKeage, instructor in the new digital content creation certificate at MRU.

Within this certificate program, students are required to take the five core courses for the program, followed by 30 hours of a combination of the 17 optional courses.

Some of these optional courses include focusing more on the visual or graphic content and take something like the Illustrator, Photoshop and Indesign courses, or they could focus more on the written content and take the Facebook, social media strategy and copy editing and proofreading courses or any combination between.

"This will allow a student to steer their career in a direction that may better suit their goals, skills or interests," says McKeage.

For more information, visit conted.mtroyal.ca/content.

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CDI College also offers programs in:
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Bookkeeping skills to help you succeed

Chiharu Homma-Renz, graduate of the integrated training (IT) – bookkeeping/accounting program. CONTRIBUTING

The integrated training (IT) – bookkeeping/accounting program at Columbia College was designed for individuals interested in performing basic bookkeeping tasks, but who may have language competency disadvantages having arrived in Canada from another country.

"The knowledge acquired will benefit the students if they wish to pursue further education, enter the work force or engage into their own business," says Teeluck Lutchmeesingh, .B.Com and M.Ec (Uof C), integrated training facilitator bookkeeping/basic accounting at Columbia College.

Before arriving in Lutchmeesingh's section of the course that focuses on specific bookkeeping skills, the IT facilitators teach essential employment skills such as a business attitudes and behaviours, conflict resolution in the workplace, how to be a leader, how to show initiative, handshakes, eye contact, how to leave a telephone message, and so on.

"The upgrading received before the start of the program benefits the potential students in preparing them for the intensive work involved in taking the bookkeeping courses," says Lutchmeesingh.

The entire program can be taken over a 48 week or 32 week period with five weeks in work experience.

In the direct bookkeeping segment, the delivery format is direct instruction, problem solving and interactive questions over a 1- week period. The curriculum was recently upgraded to include accounting assistant /tasks where by students will have a broader base for accounting concepts. For more information about this program, visit columbia.ab.ca.

A HIGH-DEMAND CAREER

The Bow Valley College legal assistant diploma program is a fully online program offered through eCampusAlberta and is a high-demand career path for Albertans interested in the legal support services field.

For graduate Michelle Ellis, the online option allowed her to complete the program while working full time and managing her family.

"I have achieved the highest education for a legal assistant, and now I am recognized as a qualified legal assistant in the law firm that I work at," says Michelle Ellis, one of the first ever graduates of this legal assistant diploma program.

"The diploma has not only provided an educational background for my role in the firm but it has given me the confidence to realize I am capable of doing a good job."

Courses of this program cover a broad range of law topics, including litigation, commercial law, real estate, family law, corporate law, wills and estates, and criminal law as well as keyboarding, communication, legal document and information processing, and law office procedures.

For Ellis, she looks forward to pursuing further education in the future through eCampusAlberta.

CONTRIBUTED

"The learning will never stop and as long as I have the means then I will make it happen," says Ellis.

Bow Valley College is a contributing member of eCampusAlberta. eCampusAlberta is a consortium of 26 Alberta publically-funded post-secondary institutions.

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Encouraging learning environment

For Academy of Learning Career College student Mary Claire Bradshaw, it was her love of creating that drew her to the web designer program.

"I chose this program to make a change in my life and study to do something I would enjoy," says Bradshaw.

With experience taking photos for websites in the past, Bradshaw is hoping to combine both of her loves of photography and web design into a full-time career once she has completed her program.

When it came to choosing a place to pursue this passion, Bradshaw had already holds a bachelor of science degree from a large university and was not interested in invested another multiple years towards her education.

So for her, Academy of Learning's flexible scheduling was hard for Bradshaw to resist.

"I really liked the flexibility of making my own hours for this program because it allows you to have a real life outside of school."

While in the classroom, Bradshaw says it is refreshing to have such caring facilitators who are there if you have any questions.

"When you're surrounded by such encouragement, it rubs off on how you do in school," says Bradshaw.

To learn more on what Academy of Learning has to offer or to check out any of the campuses, attend the Aug. 27 Open House (all locations), from 3 p.m. until 7 p.m.

For more information, visit academyoflearning.ab.ca.

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Photo by Sandra Lee Photography

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Business training with an industry advantage

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Business is a dynamic field that is continuously changing, which is why CDI College's business programs are regularly updated to ensure that the latest technologies and trends are being taught to its students.

In-demand programs like Business Administration Management provide students with a wide range of skill sets that are transferable in areas such as marketing, sales, finance, and entrepreneurship, giving them unlimited possibilities.

"What inspired me," said graduate Terri D., "was the chance of owning my own business one day and having the knowledge to back me up to make me more successful."

As one of Canada's leading career training institutions for over 40 years, CDI College has built and maintained solid connections with numerous industry professionals nationwide in order to deliver the most relevant education to its students. This includes the course materials, hands-on training, and practicum placements.

"Hands-on practical training is the best way to go," said Terri. "You don't just have a book in front of you telling you what to do, you actually know what to do."

For more information on CDI College's Business Administration Management program, call 1-800-360-7186 or visit study.cdicollege.ca.

CREATE A BRIGHTER FUTURE AS A PARALEGAL

CONTRIBUTED

Heading back to school was a difficult but obvious decision for Paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," said Tyra. "I wanted to prove something to her, that school is a good thing. I wanted be a role model, or more of one."

Inspired by the success of one of her good friends, who had recently graduated from Reeves College, Tyra decided to enroll in the Paralegal program so that she could better support her family. During her practicum placement, she worked alongside a Review and Assessment Officer where she had to meticulously document and ensure all files were correctly organized and that paperwork was completed and submitted punctually and accurately.

Her hard work and dedication soon paid off when she was hired by the firm she completed her practicum placement at.

According to the Government of Canada, the "unemployment rate is relatively low in this field." With the job outlook projected to continually increase over the next few years, those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's Paralegal program, call 1-800-533-1457 or visit study.reevescollege.ca.

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Bow Valley College 50th Birthday Block Party

In our 50 years, over 350,000 alumni have passed through our doors, helping Alberta rise. Now that calls for a celebration!

Live Entertainment – Featuring Michael Bernard Fitzgerald
Paint the Future – Paint a tile in a Dean Stanton mural called "Alberta Rising" that will be displayed at Bow Valley College
Food Trucks

Saturday, September 19
11:00 a.m. to 4:00 p.m. | Olympic Plaza

bvc50.ca/blockparty

BOW VALLEY COLLEGE 50

The confidence to make a difference

CONTRIBUTED

A career in the health-care field is about helping those who may not be able to help themselves. Health care aides are frontline workers who must be compassionate caregivers who are responsible and knowledgeable.

Through the health care aide program at ABM College, students can learn these skills to help improve the daily lives of their patients.

"The health care aide program at ABM provides students with the knowledge and skills required to be successful within their chosen career paths," says Dr. Mohammed Baten, president of ABM College.

"We use an effective arrangement of classroom instruction and hands-on clinical training to give our students and new graduates the confidence and experience they need to enter the workforce."

The course takes 20-weeks to complete and is delivered through classroom teaching, hands-on learning in the lab.

Students of the program must also complete a practicum portion of the program that will prepare them for the real-life challenges that being a health care aide can present.

ABM also offers students a chance to improve their likelihoods of employment by offering resume building workshops, as well as one-on-one resume assistance for all students – past or present.

ABM offers monthly intakes for the health care aide program, with September 14 being the next start date. For more information about this program or ABM College, visit abmcollege.com.

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Combining east, west practices

CONTRIBUTED

By blending Western and Eastern philosophies to create a mixture of modern western medicine techniques with ancient healing modalities, the Canadian Institute of Traditional Chinese Medicine (CITCM) and has formed their own unique "WE" integrated massage program.

"At CITCM, our belief is that Western medical knowledge and practices, blended with Eastern healing wisdom and balancing arts, offer the best health," says Dr. Xia Cheng, executive director of CITCM and founder of the WE Philosophy.

"It offers a broader discipline of skills, diagnostic and healing techniques compared to other massage program offerings."

This program also has transferability options into the double major- acupuncture/doctor of traditional Chinese medicine program.

CITCM has three primary scopes of practice: therapeutic, relaxation and revitalization.

"We excel at therapeutic massage, sport injury and rehabilitation giving our graduates a leading edge in their knowledge and techniques in the massage field," says Cheng.

Class sizes at CITCM are intentionally small for the best learning experience because there is plenty of hands on experience, so this means space is limited.

Students of CITCM will learn from exceptional faculty of passionate industry experts who teach the principles of the 3H's; health, happiness and harmony.

CITCM already has organizations waiting to employ the first group of 2,200 hour WE integrated massage program graduates at the completion of their program in July of 2016. For more information about CITCM, visit citcm.com/massage.

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* Source: jobbank.gc.ca

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Ensure you're ready for the workforce

When it comes to searching out schools that offers a high-quality health-care-aide program, ABES (Alberta Business and Educational Services) is definitely one to be considered.

"In terms of quality training, comprehensive education, and practical skills, ABES is the best Health Care Aide school in Calgary," says Julie Wright, campus coordinator, ABES.

"We use an effective combination of classroom instruction and hands-on clinical training to give our graduates the confidence and experience they need to enter the workforce."

ABES ensures that all students are ready for the workforce by the time they complete their program.

To ensure they are workplace ready, students must complete three separate clinical practicums — including a final preceptorship.

"We place students either close to their home or in their area of interest and over 80 per cent of our students are hired before they complete their final practicum," says Wright.

In just 21 weeks, students can become fully qualified to work in a hospital, nursing home, group home, or care facility.

"We consistently hear that are graduates are among some of the best in the city and graduate ready to work," says Wright.

ABES works directly with local employers –including their partners at Alberta Health Services — to gain a complete understanding of what they look for in a candidate.

They then include specialized training in courses to equip you with all the tools you need to succeed.

"Through our program, you will earn the Government of Alberta health care aide certificate to qualify as a Calgary health care aide worker," says Wright.

All of the health care aide instructors come with many years of health care experience and all ensure student success is their first priority.

ABES offers 13 HCA intakes per year and offers evenings and weekends programs as well.

This program also offers a bridge to an LPN training program if students would like to continue their education.

For more information about the health care aide program or about any of the other programs offered by ABES, visit abes.ca.

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Robertson College committed to you

On your very first day at Robertson College, you can take comfort in knowing that they have committed to your success for life.

Whether you are a brand new student at Robertson, or have graduated many years ago, the Career Services department is always available to you.

"When a student makes the choice to come to Robertson College they know we are with them from start to finish, which means we want to see them successful in their new career path," says Tracy-Ann Wolfe, Career Service coordinator at Robertson College.

In a perfect world, graduates would leave Robertson College and walk straight into their dream careers, but that is not often the reality.

While even though many students do end up finding employment right out of school, it does not always mean employment is guaranteed for life.

"But the economy does change and people get laid off, we want all of our students -both past and present — to know we are always here to help them," says Wolfe.

"They know employers come to us looking to fill positions and sometimes having a past student with experience is just what they are looking for."

To help students and graduates on the path towards gaining meaningful employment, Robertson College's Career Services department offers resume updates, mock interviews, job search techniques and employment opportunities, as well as understanding and updating social media to work to their benefit.

Sometimes, the help can come in a more simple form as just providing an outfit for that upcoming interview, as buying a new wardrobe is not always in a students budget this gives them that extra hand in a positive direction.

Wolfe says students who have accessed the Career Services department find it has made a big difference in their employment search.

CONTRIBUTED

"I have found the students who use the services are the first ones on the phone/email to give us their success on finding employment," says Wolfe.

"Year to date we have 81 per cent of our graduates working in there trained field and that number keeps rising."

For more information, visit robertsoncollege.com/student-services.

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Courses to fit your busy lives

Continuing education has always been a great resource for individuals looking to continue to grow their skills without having to give up their full-time work commitments.

Through Professional and Continuing Studies at the Chiu School of Business at Bow Valley College (BVC), there are a number of courses designed to fit the busy lives and schedules of their learners.

"With over 150 courses being offered through Continuing Education, there are a lot of options for learners who are considering personal skill upgrading or who want to obtain credentials for their work," says Natascha Doiron, coordinator Professional and Continuing Studies in the Chiu School of Business, BVC.

Continuing Education offers courses in a number disciplines, such as accounting, business, AutoCAD, information technology, human resources, personal and professional development, management development, project management and many more, which are all taught by instructors with workplace experience.

"The great thing about our continuing education courses is that we offer different formats of delivery: in-class and also online options, so that we are able to accommodate different type of students and their schedules," says Doiron.

BVC offers a wide range of online courses where learners can work through courses on their own time, when it is convenient for them.

"This provides an opportunity for students to move forward with the studies and obtain their credentials at a quicker rate," says Doiron.

In partnership with eCampusAlberta learners have access to more than 800 courses online.

Along with their flexible and convenient delivery formats, the College also offers courses that are practical and aim to address the skills gap in the labour market.

New certificates that will be offered this September include supply chain management, petroleum industry management, and tourism management certificate.

New courses that will be offered include CompTIA IT Fundamentals, CompTIA Cloud Essentials and AutoCAD courses.

BVC also offers immigrant and intercultural advancement for immigrants looking to advance their careers in Canada, improve their English skills, or challenge a designation exam.

Registration is now open for the fall intake. To register, or to find out more information, visit coned.bowvalleycollege.ca.

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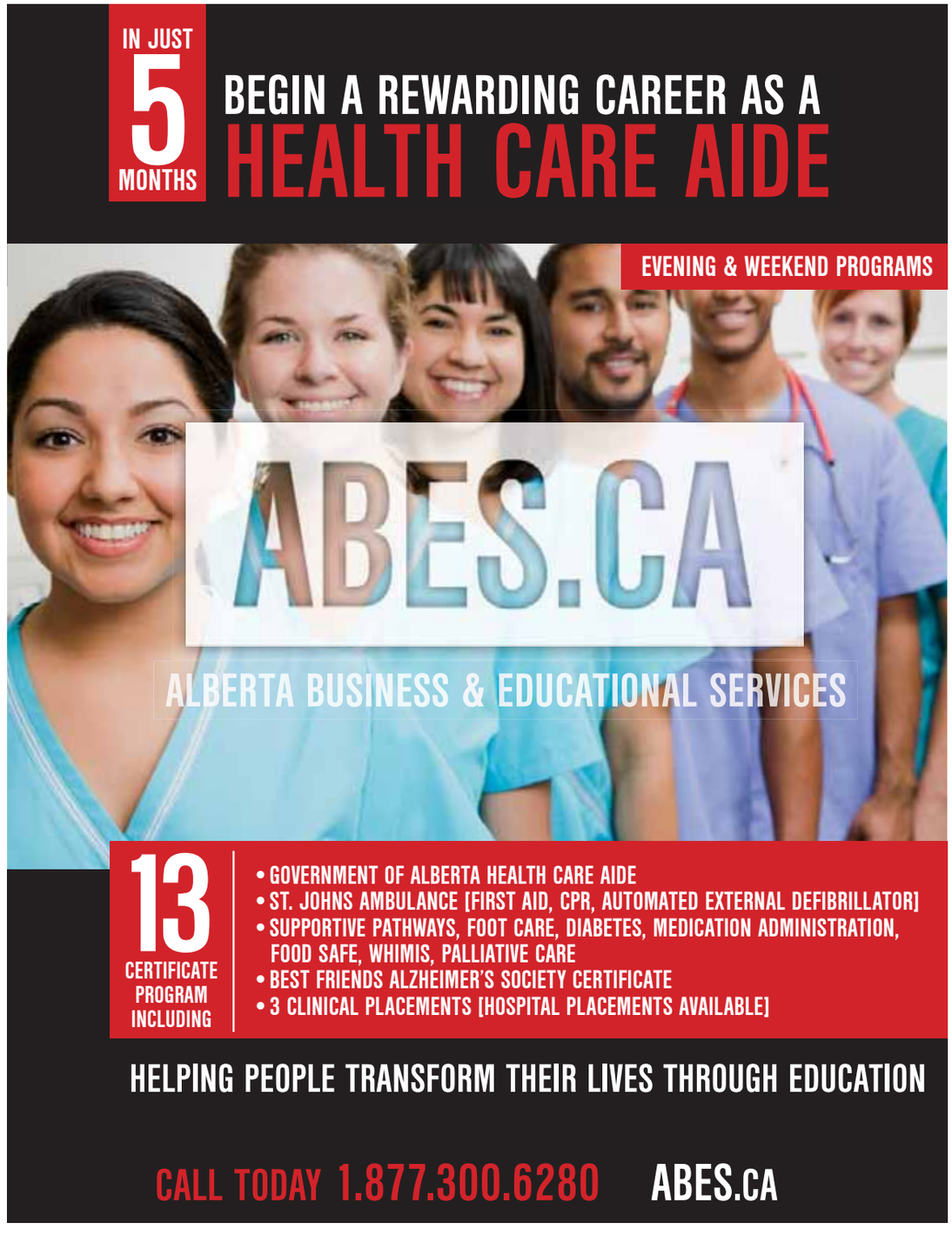
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Co-op program can be key to success

When Maaike Van Gogh arrived in Canada from a semester exchange from the Netherlands in 2008, she did not know at the time that it would turn into a successful career as a human resources benefits analyst at Nexen Energy.

The exchange was a mandatory part of her international business management studies program in Utrecht and had heard great things about the University of Lethbridge Calgary Campus from a friend who had completed their exchange there a few years before.

"Due to the timing of my exchange (Spring semester of 2008) I ended up having a choice of Spain or Sweden, but I didn't want either — I don't speak Spanish nor Swedish, and I wanted to make sure I would be able to communicate with the people in my host country," says Van Gogh, who

"So after a few weeks of stubbornness I managed to convince my school to allow me to go to Canada instead."

Now seven years later, Van Gogh has recently graduated from uLethbridge with a bachelor of management degree. She credits her current success to the uLethbridge Faculty of Management's co-op programs.

"Co-op positions are a great way for students to gain experience — there is an abundance of co-op positions out there, even during these difficult economic times," says Van Gogh.

"At the same time, in my experience, co-op positions are challenging enough to give you real-life experience, which is also reflected in the pay."

Being able to combine full-time co-op work with full-time course work is what allowed Van Gogh to complete her degree without accumulating any student debt, which was important to her because she faced international student rates.

But beside being debt free, Van Gogh says the greatest benefit she has gotten from the co-op program is her current position at

CONTRIBUTED

Nexen Energy ULC.

"The original co-op position allowed me to gain the knowledge and experience needed to succeed in my current role — without it, I don't believe I would have been qualified for the position," says Van Gogh.

"I've been very lucky to have ended up with Nexen; they really do see their students as valuable employees, and treat them as they would any other employee." For more information about the uLethbridge Calgary Campus, visit discover.uleth.ca.

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Celebrating 50 years with a party

Everyone loves a party, and Bow Valley College (BVC) has a great reason to throw one.

On Sept. 19, starting at 11 a.m. until 4 p.m., BVC is hoping you will come down and celebrate their 50th anniversary with them at their free block party being held at Olympic Plaza.

"BVC alumni have been the backbone of the Calgary business and healthcare industry for 50 years now, and we just want to give back as a way to say thank you for letting us be part of this great city," says Mark Szabo, spokesperson for BVC.

"We feel very strongly about putting the "community" in community college, and a block party like this is a great excuse to get everyone together that might otherwise never get to meet." BVC is thrilled to have Michael Bernard Fitzgerald doing a live show.

"He is a breakout Calgary success story with a very loyal following, and we were very excited to have him celebrate with us," says Szabo.

"His shows are always energetic and lots of fun, and it's the perfect thing for a Saturday afternoon party."

The public will also have a chance to become a part of a piece of BVC art by helping to create a mural with well-known local artist Dean Stanton. Stanton is well-known for creating large murals that can be divided into pieces that guests paint individually.

When all the pieces are completed they come together to create one large finished piece of artwork, which will be feature in the college and become a prominent piece of community art in recognition of BVC's 50th anniversary.

There will also be food trucks, family-friendly activities, contests and giveaways, and a few surprises — like the social media contest winners.

"We're also going to have information booths about BVC available, so feel free to bring the folks in your life who could benefit from a practical education designed to get them into the workforce," says Szabo.

For more information about the 50th anniversary block party, visit bvc50.ca/blockparty.

SHUTTERSTOCK

Bow Valley college now vital part of city

Over the past 50 years, Bow Valley College (BVC) has grown from a small room on Fifth Ave. to Calgary's largest comprehensive community college. With over 15,000 learners spread over three modern campuses in Calgary, and in 20 locations throughout Southern Alberta, BVC continues to produce high quality graduates who are making waves within the community and internationally.

"Over the last 50 years Alberta has grown into a force on the world stage," Mark Szabo, spokesperson for BVC.

"Bow Valley College has been an integral part of Alberta's success, by creating work-ready graduates in vital fields eager to roll up their sleeves and get the job done."

BVC offers year-round career certificate and diploma programs, as well as high school upgrading and English Language Learning.

BVC is the region's largest English Language Provider, helping learners form all over the world triumph in the workplace, ensuring Alberta rises ever higher.

"Bow Valley College is the place where every light can shine proud and strong; anytime, any place, any path, any pace," says Szabo.

"There is no limit to where you can go once your journey begins, and every journey can begin here."

As for the next 50 years, BVC is looking to build on their strong foundation to implement the next phase of development toward their strategic vision by investing in three development and growth priorities.

These include building new pathways into entry career programs, career majors, post-diploma certificates, workplace certifications, other academic programming, and the workplace; investing in curricula development to introduce new career program majors, specializations, and programming areas; and enhancing relationships with workplaces to deliver the kinds of training they most need, facilitate customized training solutions that respond to market diversification, and support continuing professional competence.

"Our single-minded focus is to make our learners more employable, so we work hard to create a truly transformative learning experience," says Szabo.

For more information about BVC, visit bowvalleycollege.ca

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ECONOMY RISES WITH BOW VALLEY COLLEGE

"Calgary's economic sustainability is dependent on having a strong workforce, and for 50 years Bow Valley College grads have been a vital part of our strength. Keep them coming," says Mary Moran, president and CEO , Calgary Economic Development.

In their first 50 years, over 350,000 alumni passed through Bow Valley College, helping Alberta rise.

Over their next 50 years, the goal is to increase that to 1,000,000 alumni in the vital fields of health care, business, justice and human services.

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Your essential daily news

Terry Francona will accompany longtime friend John Farrell to his first treatment for lymphoma

IN BRIEF

Cardinals grind way to victory over Giants

Rookie Stephen Piscotty tripled and scored the go-ahead run on Mark Reynolds' groundout in the eighth inning, and the St. Louis Cardinals beat the San Francisco Giants 2-1 on Monday night.

The run came a little too late for Michael Wacha, who allowed one run in seven innings with six strikeouts but missed a chance to become the majors' first 15-game winner.

Yadier Molina hit his third homer leading off the fourth for St. Louis. The Giants tied it on Brandon Crawford's two-out RBI triple in the sixth.

The Cardinals have won nine of 12, ended the Giants' four-game winning streak, and lead Pittsburgh by six games in the NL Central. THE ASSOCIATED PRESS

AL East rivalry sparks new Sportsnet viewer record

Sportsnet says an average of 2.03 million viewers tuned in to Friday's game between the Toronto Blue Jays and New York Yankees, making it the most-watched program in the network's history.

In a release, Sportsnet says audience levels peaked at 3.14 million in the bottom of the ninth inning of the Jays' 4-3 loss.

Sportsnet says its previous most-watched program was the 2014-15 NHL season opener between the Montreal Canadiens and Toronto Maple Leafs, which delivered an average audience of 2.01 million. THE CANADIAN PRESS

Redskins prez: Name won't change to help get stadium

Washington Redskins president Bruce Allen made clear Monday the team would not reconsider whether to change the team's nickname if it became a political barrier to building a new stadium in the nation's capital or elsewhere.

The club currently plays at FedEx Field — which opened in Landover, Md., in 1997 — and has started exploring sites for a new facility, even though its lease there runs until 2026. THE ASSOCIATED PRESS

Tulo in a curious spot

BLUE JAYS

All-star in a slump as leadoff hitter for new team

As dazzling as he can be on the field, Troy Tulowitzki betrays little emotion off it. In fact, the Blue Jays' new star shortstop has a baseball cyborg quality about him. Efficient and banal. So when the topic of his current slump is broached, he is neither defensive nor particularly forthcoming.

"I mean, it's baseball," he said. "You're going to go through stretches when you're not swinging the bat particularly well. It's one of those things you just keep on working, showing up to work every day and putting in the work and hoping that pays off."

If you hadn't noticed, that's three variations of "work" in one sentence. The work is what Tulowitzki seems to love more than the game itself. He said as much at his introductory press conference three weeks ago ("As soon as the game's over it's not time to celebrate," he said then. "It's time to look forward to the next game.")

As Sunday's questions persisted beyond a minute or two, his answers became more curt and clipped, a clear sign he was growing impatient. Like when he was asked how he feels hitting in the leadoff spot, something he had never done in his career before joining the Jays, he says: "It's good. I enjoy it."

His eyes searched for the next question, while his clenched expression suggested he wasn't being entirely truthful.

Troy Tulowitzki has suggested that he's been robbed of hits by solid defensive plays. RICK MADONIK/TORSTAR NEWS SERVICE

But who could blame him for being less than thrilled with his unfamiliar spot in the batting order? He is still searching for his first hit when leading off a game. In 16 tries, Tulowitzki has reached base all of three times on a pair of walks and one hit-by-pitch.

Aside from his stellar debut on July 29 — when he homered and added a pair of doubles — Tulowitzki hasn't hit much at all since arriving in Toronto a few days before the July 31 trade deadline. Since Aug. 1, he's hitting just .180, and if you remove Sunday's sun-aided double, he has just two extra-base hits this month, both homers. He has struck out 16 times in 75 plate appearances since joining the Jays and his strikeout rate for the season is higher than it has been at any point in his career.

.219

Tulowitzki's batting average (14-for-64) since joining the Blue Jays on July 29

Make no mistake, Tulowitzki is still putting together decent at-bats. He is drawing walks at a fair clip and has reached base one out of every three trips to the plate since the trade. He may not have been rewarded for his efforts on Friday night, but his epic, 12-pitch duel with Yankees closer Andrew Miller to end the game was a master class in how to battle a tough pitcher. So he hasn't looked out of place or overmatched by any means. And his batting average on balls in play this month is a paltry .200 — nearly 100 points below the league average — which suggests he has been at least partly a victim of bad luck. "There's some hits out there I haven't got because there's some good defence," he suggested Sunday.

Tulowitzki's lengthy track record — an .882 on-base percentage plus slugging percentage over the last decade — suggests he won't slump for long. Jays fans are hoping he breaks out sooner rather than later. TORSTAR NEWS SERVICE

VIDEO

CC P.O.'ed in T.O.: Shouting match was a 'bad decision'

Yankees pitcher CC Sabathia says he "flipped out" and made a "bad decision" for getting involved in a shouting match outside a Toronto nightclub over the weekend.

TMZ posted video Monday showing Sabathia hollering in a crowd of people early Saturday.

Sabathia's scheduled start at Yankee Stadium on Monday night against Minnesota was pushed back a day, with Bryan Mitchell pitching in his place. Manager Joe Girardi said AL East-leading New York had already planned to alter their rotation before he became aware of the incident and that it had "nothing" to do with switch.

Police were called to the scene, but the 35-year-old Sabathia was pushed into a taxi by some friends and family and wasn't detained. THE ASSOCIATED PRESS

Hutchison demoted to triple-A

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

9.00

Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday. THE CANADIAN PRESS

Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE

RECIPE Chicken Enchilada Won ton Cups

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

These "pop in your mouth" appetizers are delicious and can also be served as a light lunch with a side salad. Makes 12 cups.

Ready in
Prep time: 15 minutes
Cook time: 13 minutes

Ingredients
- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

Directions

1. Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.

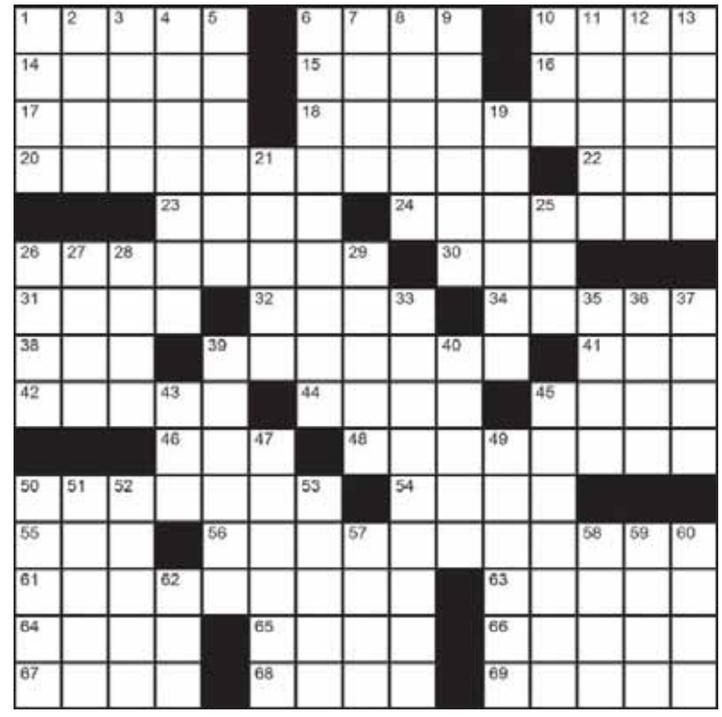
2. In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

Nutrition per serving
- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 8th Greek letter
6. Newspaper piece
10. Some slitherers
14. Got word
15. _ Strauss & Co.
16. Country legend Mr. Atkins
17. Boo-boo
18. 'No jeans' policy: 2 wds.
20. Quebec's provincial tree: 2 wds.
22. Mr. Tolkien
23. Faux-teller
24. University fee
26. Became less tolerable: 2 wds.
30. Patch up
31. Do as Simon says
32. John Keats creations
34. Egyptian water lily
38. _ Tin Tin
39. Super enthusiastic
41. Andy Capp's wife
42. Montreal subway
44. Cirneco dell'_ (Dog breed)
45. Bash
46. Advantages
48. Unique
50. Casablanca's locale
54. Hospital readout
55. Mr. Vigoda
56. Frightful forest in the Anne of Green Gables story: 2 wds.
61. Billowy bed blanket
63. Avant-_
64. TV producer Norman
65. Soprano's solo song
66. Saskatchewan village between Regina and Saskatoon
67. Spot
68. Church's sounder
69. Overbrims

DOWN
1. 1970 Carpenters hit: "(_ Long to Be) Close to You"
2. Roll call response
3. "My Name Is _"
4. Streetcar
5. Skillful
6. Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.
7. Actress Ms. Gilpin
8. Tennis ace, Chris _
9. _ Throw (Decathlon event)
10. T.O. Raptors home venue
11. Screen in Japanese decor
12. Peter, in Spain
13. Shock jock Howard
19. Canadian _ (Region of rocks)
21. Kind of mackerel, shrub or joyful shout
25. Deuce
26. Earth crawler
27. Off-Broadway theatrical award
28. Monthly apartment money
29. Mr. Gingrich's
33. Left-handed
35. Non-stick pan brand
36. Uma's role in "The Producers" (2005)
37. Glide
39. Boss
40. *NSYNC-er Mr. Bass
43. Duran Duran hit
45. Boat's upper edging
47. Sacred beetle
49. Techie device
50. Twin-crystal
51. Some instruments
52. Do cartography work again
53. Eccentric
57. Actor, _ Patrick Harris
58. "Be Quick _ _ Dead" by Iron Maiden
59. Lamar who married Khloe Kardashian in 2009
60. Mountain _ (Some soft drinks)
62. Cook with a pan

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

Taurus April 21 - May 21
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

Gemini May 22 - June 21
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

Cancer June 22 - July 23
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

Leo July 24 - Aug. 23
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

Virgo Aug. 24 - Sept. 23
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

Libra Sept. 24 - Oct. 23
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

Scorpio Oct. 24 - Nov. 22
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

Sagittarius Nov. 23 - Dec. 21
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

Aquarius Jan. 21 - Feb. 19
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

Pisces Feb. 20 - March 20
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4	9		7	3		
	5			2			1	
1								7
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